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1. A method of selecting a frequency band for use in a desired wireless communication from among a plurality of frequency bands available to be used for the desired wireless communication, comprising:

passively monitoring at least one of the available frequency bands to determine whether the at least one frequency band is acceptable for the desired wireless communication; and

selecting the at least one frequency band for the desired wireless communication if the at least one frequency band is determined to be acceptable by said passive monitoring.

- 2. The method of Claim 1, wherein said passive monitoring step includes monitoring communication quality associated with the at least one frequency band.
- 3. The method of Claim 1, wherein said passive monitoring step includes monitoring interference associated with the at least one frequency band.
- 4. The method of Claim 3, wherein said passive monitoring includes making an RSSI measurement with respect to the at least one frequency band.
- 5. The method of Claim 1, wherein said passive monitoring step includes passively monitoring a plurality of narrow frequency bands, and combining results of

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said passive monitoring of said narrow frequency bands to produce a wide band result corresponding to said at least one frequency band.

- 6. The method of Claim 1, wherein the at least one frequency band is an IEEE 802.11b band.
 - 7. The method of Claim 1, wherein the at least one frequency band is a Bluetooth 2.0 band.
 - 8. The method of Claim 1, wherein said passive monitoring step includes each of two wireless communication stations passively monitoring at least some of said plurality of available frequency bands.
- 9. The method of Claim 8, including one of said wireless communication stations communicating with the other of said wireless communication stations regarding results of said passive monitoring.
 - 10. The method of Claim 1, wherein said passive monitoring step includes passively monitoring a group of the available frequency bands, and tuning a filter to each of said group of available frequency bands.

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- 11. The method of Claim 1, wherein the at least one frequency band is a frequency band associated with microwave oven interference.
- 12. The method of Claim 1, wherein said passive monitoring step includes a wireless communication station passively monitoring a group of said available frequency bands, and said selecting step including the wireless communication station selecting the at least one frequency band for the desired wireless communication and informing another wireless communication station of the selected frequency band.
 - 13. A wireless communication station, comprising: an antenna for use in wireless communications;

a band selection controller coupled to said antenna for selecting a frequency band for use in a desired wireless communication from among a plurality of frequency bands available to be used for the desired wireless communication;

said band selection controller operable for passively monitoring at least one of the available frequency bands to determine whether the at least one frequency band is acceptable for the desired wireless communication; and

said band selection controller further operable for selecting the at least one frequency band for the desired wireless communication if the at least one frequency band is determined to be acceptable.

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- 14. The wireless communication station of Claim 13, wherein said band selection controller includes an interference monitor for monitoring interference associated with the at least one frequency band.
- 15. The wireless communication station of Claim 14, wherein said interference monitor includes an RSSI measurement apparatus.
- 16. The wireless communication station of Claim 13, including a wireless communications interface coupled between said antenna and said band selection controller, said wireless communications interface cooperable with said band selection controller and said antenna for communicating to another wireless communication station information indicative of a result of said passive monitoring operation.
- 17. The wireless communication station of Claim 13, including a wireless communications interface coupled between said antenna and said band selection controller, said wireless communications interface cooperable with said antenna for receiving and providing to said band selection controller a passive monitoring result which is associated with the at least one frequency band and which has been obtained and transmitted by another wireless communication station, said band selection controller operable for determining whether the at least one frequency band is acceptable for the desired wireless communication in response to said result received from said another wireless communication station.

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- 18. The wireless communication station of Claim 13, wherein said band selection controller includes a filter coupled to said antenna for tuning to each of a group of the available frequency bands, said band selection controller including a passive monitor coupled to said filter for passively monitoring each of said group of available frequency bands.
- 19. The wireless communication station of Claim 13, including a wireless communications interface coupled to said antenna for interfacing between said antenna and a communications application, said band selection controller including a portion of said wireless communications interface.
- 20. The wireless communication station of Claim 19, wherein said portion of said wireless communications interface includes a filter for tuning to the at least one frequency band and an RSSI measurement apparatus coupled to said filter for providing an RSSI measurement with respect to the at least one frequency band.
- 21. The wireless communication station of Claim 13, provided as one of a Bluetooth station and an IEEE 802.11b station.